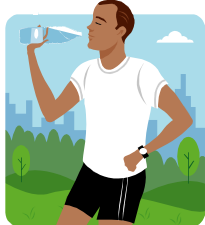


May 2012

DROP-IN GROUP FITNESS SCHEDULE *eXercise Your Options! (XYO)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX Techniques^{MB} 7:30-8:00 AM Joe	Abs, Back, & Stretch^{DS} 8:00-8:55 AM Maureen		Abs, Back, & Stretch^{DS} 8:00-8:55 AM Maureen	
Zumba Basics^{DS} 8:30-9:25 AM Leiah No Class: 5/28	Fit Ball^{DS} 8:00-8:55 AM Kristen No Class: 5/08	Mix It Up^{DS} 9:00-9:55 AM Maureen	Cycle Spin^{DS} 9:00-9:45 AM Jennifer	Mix It Up^{DS} 9:00-9:55 AM Maureen	Pilates Reformer Demo^{MB} 10:00-10:55 AM Rosalie No Class: 5/26
	Cycle Spin^{DS} 9:00-9:45 AM Jennifer	Zumba Basics^{DS} 10:00-10:55 AM Leiah			Zumba Basics^{DS} 12:05-1:00 PM Lupe No Class: 5/12; 5/26
Refine your moves: Try a private Pilates or Allegro Reformer session – Ask us today!					Sunday
	Yoga Basics^{MB} 6:00-6:55 PM Edie/John				
Sculpt, Strength & Tone^{DS} 6:00-6:25 PM Sheila No Class: 5/28	Cycle Spin^{DS} 6:00-6:45 PM Lee		Cycle Spin^{DS} 6:00-6:45 PM Lee		

Spring Hill RECenter

1239 Spring Hill Road
McLean, VA 22102
703.827.0989
703.734.2489 (FAX)
703.847.4649 (TTY)
www.fairfaxcounty.gov/parks

V.1.0



XYO classes are included with your RECenter membership. Non-members pay the general admission rate at time of check-in. Please be prepared to show proof of county residency and/or student ID for applicable discounts.

The XYO calendar is subject to change; please call the RECenter with questions or concerns. For questions or comments regarding the schedule, please email the Fitness Director at john.bartok@fairfaxcounty.gov.

The Fairfax County Park Authority is committed to equal access in all programs and services. Special accommodations will be provided upon request. Please call the ADA/Access coordinator at least 10 working days in advance of the date services are needed.
703.324.8563 (Phone) • 703.803.3354 (TTY) • www.fairfaxcounty.gov/parks/ada.htm

Class Descriptions

Abs, Back, & Stretch

Abs, Back, & Stretch focuses on exercises for the core muscles to help promote strength, flexibility, better posture, and form. (55 min.)

Cycle Spin*

This cycling class is great for all levels of fitness! The instructor will call cues for both beginning and experienced students. This invigorating class will allow the riders to judge for themselves how hard they feel like working. A terrific class for staying fit! **Definitely bring a water bottle and towel to class.** (45 min.)

***Class limited to the first 10 participants – Check in at Front Desk up to 30 minutes before class.**

Fit Ball

Get “toned” and strong, improve spinal health, and have fun with the exercise ball. Learn secrets behind true strength! (55 min.)

Mix It Up

A total body conditioning workout that includes, warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Dumbbells, bands, and body bars may be used. All Levels. (55 min.)

Pilates Reformer Demonstration

Here is your chance to discover the differences between mat and machine (reformer) Pilates and practice introductory exercises. Learn how springs on the reformer can both assist your movements to make mat exercises easier and resist your movements to make exercises more challenging – the ultimate integration of a stronger core with balance, stability, flexibility, and coordination. (55 min.)

Sculpt, Strength & Tone

Increase your strength with dumbbells, enhance your balance and stability with exercise balls, and increase your flexibility with a relaxing cool down. (25 min.)

TRX Techniques

This very basic class will introduce you to the TRX suspension trainer and beginner exercises. Instruction will focus on proper body alignment, body mechanics, and strap adjustments. Learn how suspension training turns your body into the ultimate exercise machine – no weights are necessary! This is a great preparation class for longer TRX drop-in and registration classes. (30 min.)

Yoga Basics

A beginner class to teach newcomers yoga fundamentals. **Please bring a sticky yoga mat to class.** Mats are also available for purchase at the front desk. (55 min.)

Zumba Basics

Exercise your body and energize your soul in this exciting aerobics class format. Tone up as you get down with energetic Latin music, rhythms, and dance moves. (55 min.)

Room Codes: DS=Dance Studio (upstairs); MB=Mind-Body Studio (downstairs)

Please wear sneakers and comfortable clothing that allows free movement.

